Get Lost In...

Mindful Seeds

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Thank you for reading this book.

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Your Potential Self Is Infinite –Yogi

15 Minutes Left to Live

If you had 15 minutes left to live:

Who would you want to spend it with?

Who would you want to speak to?

Who would you want to kiss?

Who would you want to hug?

What activities would you wish you experienced?

What words would you have wished you said?

What people do you wish you would have fought harder to keep close?

What edible treats would you want to taste?

Where would you have wished you traveled to?

Where would you have wished you belonged?

Where would you have wished you lived?

Where would you have left a positive impact?

Who would be the last person (or people) on your mind?

Who would your heart long for?

Why do so many of us live everyday with so many things left undone?

18 Reasons It's Okay to NOT Have Kids

1. Some people are not willing to develop the patience for them

2. Not everyone can afford to raise and invest in a kid like they need to

3. Some people are not mentally, physically, or emotionally healthy enough to raise a kid of their own

4. There are no cons to not having kids

5. You can give more focus and attention to your personal needs and wants

6. Not having kids allows you to give more attention to your career and dreams if that is your priority

7. Some people are happier without kids

8. Having kids does not complete every person’s life

9. Having kids does not add happiness to every person’s life

10. There are many other people in the world who will most definitely have kids; there is not a shortage of kids in the world

11. Having kids will change your life for better or worse–depending on how you handle the responsibility

12. Your only job in this world is to do the things make you happy (that don’t negatively impact others); having kids does not have to be one of these things

13. Procreation isn’t mandatory

14. Life without kids can often be better for a lot of people

15. You are entitled to making your own decisions about whether to have kids or not

16. Kids do not equal happiness for everyone, and this is okay

17. Not having kids equals more freedom for many people

18. Some tax breaks aren't really worth it

9 Benefits of Minimizing Your Space

Most Americans have too much stuff, and even though many of us know this, we continue to buy more things that we don't need (or things we *think* we want). This cycle continues indefinitely for many until they have a house similar to ones you see on hoarding shows, or something close to it.

De-cluttering your space and minimizing your consumption will not only benefit your budget and long-term financial status, but engaging in these activities, will also benefit your overall well-being.

<u>9 benefits of de-cluttering your space:</u>

1. Avoid simple everyday messes that occur in the home due to having so much junk.

2. Think more clearly.

3. Be *less* stressed.

4. Create a refreshing vibe for your space, which will uplift your spirit.

5. Avoid holding onto things that have little to no purpose in your life, which can make your spirit feel heavy.

6. Help decrease the participation of consumerism in America.

7. All of the things that you give away will benefit someone else who has less than you. #Give

8. By replacing your tendency to consume you can now focus on aspects of your life which hold more value (e.g. relationships, health, memorable experiences, etc.).

9. Increase your happiness by 10%.

Adaptation

Master the art of adaptation and mitigate your suffering.

Life is a continuous cycle of never-ending phases, changes, situations, experiences, and opportunities. We all go through different seasons in our lives and in order to ensure smooth transitions with the seasons we must learn to adapt (and many times without a moment's notice). Life is all about adapting. When you live with someone, if you want to live peacefully you will have to learn to adapt to living with that new person, and you also have to learn to adapt to their habits and lifestyle. Though you may not even realize it, as you age and grow older your body will change, the way you move will change, and even the way you dress will change. As you age, you must adapt to your changing desires and needs.

Seasons

Just as we adapt to the 4 seasons of the year (unless you live in places that have less variation in their climate) so we must adapt to life. When the seasons change, most of us change how we dress, our bodies adjust to the changing temperatures through regulation, our skin may get dryer and need more moisture, our diets may change (e.g. different fruits and veggies being in and out of season), etc. No matter how much you hate one season or like another season more, the seasons still come and go; and unless you want to be uncomfortable, you adapt to the current season, and often we get used to it after a while.

Change

Why do so many of us constantly resist change in our lives? Why do we fight against it when we know deep down that the change will most likely be positive and more beneficial for us? Often times we are simply

scared of what the change will bring and scared of being displaced out of our comfort zone. Many parents resist the fact that their kids are going to get older and eventually move on with their life (e.g. go to college, get married, have kids, move out, or not go to college and instead work or pursue other ventures). Many people in dead relationships continue to deny that their relationships are not working; yet, they resist ending the relationship because of the changes that will come along with the demise of their relationship. Furthermore, they are scared of being alone or not finding someone who will love them again. Moreover, many of us may resist taking care of ourselves; we know we need to be more physically active in addition to making positive dietary changes, but instead we resist. Adaptation means accepting change without resistance. Adaptation is the art of flowing with time, life, situations, responsibilities, moods, attitudes,

and random fortunate and unfortunate events. Being an adaptable person does not mean that you will never experience fear or anxiety when change arises, but it does mean that you readily trust the process and the results of the process of change.

Overtime

Sometimes we have experienced a season of our life for what seems to us as too long. Sometimes certain seasons of our lives are like football games that go into overtime. Sometimes situations and events do not end or cease when we want them too. Life often keeps us in certain situations until we are truly ready to move ahead, adapt, and accept the lesson we are meant to absorb.

Anger

Anger is often viewed as a negative emotion. People often view anger as something that is bad and should be avoided at all costs. However, the feeling of anger is not necessarily a bad feeling at all. Actually, it is healthy to feel different emotions--especially anger. Sometimes we need to feel anger and accept our anger in order to make positive changes in the lives of others and in ourselves. The only time anger turns into a negative feeling is when we produce unproductive actions because of our anger. When we produce actions, out of anger, that hurt ourselves and others we then give anger control over ourselves. It is referenced in the Bible that a person should not sin in their anger. This essentially means that when you're angry, take a step back and think before you act out of the emotion; become aware of your feelings and do your best to stay in control of your emotions so

that you will not make decisions that will produce regrettable ramifications.

A good way to become more skilled at controlling and mitigating your anger is to start first by working on how easily it is for you to become irritated. Irritation and the build-up of irritation often times leads to anger. If you can work on becoming more patient, loving, and easy-going you can avoid unnecessary situations in which you become angry.

Communication is also a very useful avenue that you can utilize to avoid irritation, arguments, and feelings of anger. Even though this might sound quite simple, many people do not communicate their feelings, thoughts, emotions, and beliefs when it is most important.

Much stress and irritation can be relieved by not assuming more responsibility than you can handle, delegating responsibilities, and communicating your needs, wants, and desires. If you maintain a low tolerance level for stress you will often find yourself avoiding situations (e.g. taking on too much responsibility at work and home) and maintaining more peace within yourself.

Lastly, notice the things, situations, and people who you allow yourself to get angry at. When you truly take time to learn these details you will often learn about yourself, and you will most likely find a way to perpetuate your own self-development and self-awareness. Take time to understand yourself, your emotions, and typical reactions, and see how you can change them. Awareness is the first step to creating change within yourself. Start first by becoming aware of the moments you often

become irritated and angry in; after a while, you may start to see change in how you respond to situations simply by you becoming more aware.

Let go and live.

Ataraxia

Ataraxia: A state of freedom from emotional disturbance and anxiety; tranquility.

What would life be like if we were liberated from the opinions of others; how would our liberated lives and actions differentiate themselves from the way we act and live when we *do* let the opinions of others affect us?

A lot of people spend a good amount of their lives worrying about what others think of them; consequently, many people spend a lot of their time not being themselves. Essentially, people are continuously letting others control how they think, feel, and conduct themselves. The worst part about it is, we are often misconstrued about what people may or may not be thinking. We cannot get into the minds of others, and we will never know the exact thoughts that are

enclosed in the minds of others with 100% accuracy; many of us know this, yet still, we get caught up into ruminating about what people think about us. Why are we so caught up with the opinion of others though? Why do the opinions of others take so much precedence in our lives? Moreover, why do we often give the opinions of others more value than our own opinions of ourselves? Where did we ever get the idea that what we think and feel is of little value?

There are copious amounts of people who experience emotional disturbance and anxiety by cogitating on what people think about them. People do things they never would do in their right mind when they are focused on what people think:

1. People start spending money they don't have to impress others.

2. People engage in dangerous behaviors they normally wouldn't to fit in.

3. People become pushovers.
4. People stay in relationships with people that they know are wrong for them.

5. People get degrees they hate.

6. People go into careers they loathe but are respected by others.

The list goes on and on...

The sooner we become liberated of the opinion of others, the sooner we will experience a life that is more satisfying and enjoyable. We only have one life to live; choose to live a life that is true to yourself, and not true to someone else. Experience Ataraxia.

Be Grateful

It's so easy for many of us to forget to be thankful.

When we get caught up into living our lives without taking a moment to breathe or to be aware of our surroundings, we lose the very essence of life. Each day take a moment to feel and breathe in your surroundings. Simply watch and observe yourself observe your surroundings. While you do this...be grateful for something.

Be grateful that you woke up today. Be grateful that you have another day to live. Be grateful that you have another chance and day to be happy. Be grateful for the people who have helped you throughout your life. Be grateful for the last person who made you smile. Be grateful and cherish the beautiful moments that happen throughout your life. Be grateful enough to show love to others. Be grateful enough to give back to others.

Be grateful for every single person that adds (or has added) value to your life. Be grateful for the vibrations you can feel through your body to the sound of music. Be grateful for the wind you feel brushing your skin on a windy day. Be grateful for the uniqueness that makes up YOU. Be grateful for the purpose you have been given to fulfill in this world. Be grateful for all the opportunities you have had and will have in your life. Be grateful for the wins and the losses. Be grateful for the fun times and the sad times. Be grateful for the animals who demonstrate unconditional love towards you. Be grateful for the times you laugh and the times you cry. Be grateful for the humorous moments that make you laugh and cry at the same time. Be grateful for your strengths and weaknesses. Be grateful. A life filled with ungratefulness is a life not well-lived. Life is too short to live in ungratefulness.

Be Open to Change

Sometimes life changes unexpectedly. We stop liking and enjoying the things we used to. We don't love certain people in the same way anymore. We aren't passionate about our careers anymore. We don't want to continue living in the same place anymore. The friends we have are no longer of interest to us anymore and so on.

These changes and feelings can happen so unexpectedly, and we don't always understand how or why we feel the way we do. So, sometimes we try to figure out why we don't feel the same anymore about these things. However much we try to change how we feel though, the more we realize that we have moved on.

If we are closed to change, then we will prevent our lives from moving in the direction it's trying to go in that is best for us. When changes take place in your life, take the time

to feel what you are feeling without judgment of why you now feel the way you do. Be open to change. Don't resist change. Embrace change and be ready and willing to see what new changes and discoveries are brought about.

Bye Bye Bestie

In some cases, losing a best friend can be like a painless loss with a non–existent–recovery–process; in other cases, losing a best friend feels like agonizing heartache or getting major dental work done without an anesthetic.

The thing is, we usually know when the demise of a relationship is coming. We feel it. We sense it. We see it. I remember when I knew one time. I remember listening to my best friend (at the time) gossiping to me about another “best friend” of hers, and for years I never let that memory dissipate; in the back of my mind, I was always wondering if she was doing the same towards me. Gossip tears friendships apart; gossip lets you know how deep your friendship goes and the character of your best friend. I could never fully trust that best friend again, and I started to feel a

shallowness within our relationship thereafter.

But then again...other times, relationships with our best counterparts simply end--for their own unique and unknown reasons. Many times it is for the best, but that does not mean the ending will be smooth and painless. Relationships are like the ocean waves(with their ebbs and flows); they constantly change and go through phases of *distance* and *closeness*. But some relationships dry up instead of continuing the rhythmic pattern they danced to for so long. I have lost many best friends throughout my life (most of which were due to outgrowing the relationship and life changes); some endings affected me more than others, but most endings did not hurt. The ones that did hurt me though, I did not always quite understand, because those were the shallowest relationships. Those

[relationships] were the ones that I knew would not last; those were the ones that reminded me that I could do better in the friendship department. Maybe the demise of those friendships hurt me the most because I wanted to believe we shared a genuine bond that never truly existed; maybe they hurt me the most because I wanted to believe that our friendship was deeper than what reality kept trying to show me.

We can never force friendship; we can only continue with the ebbs and flows, and if those waves dry up, then moving on is the only and best option. Forcing friendship only makes the end hurt more.

Remember, losing a best friend doesn't have to mean everything, but it always can mean one thing: the door has opened for another special person to come into your life. It will be MORE than okay. Let go. It's time. xo

Capricious Love

Yesterday, I almost left you.

Today, I want to be with you.

Yesterday, I wanted nothing to do with you.

Today, I want everything to do with you.

Yesterday, I did not speak to you.

Today, I only want to speak with you.

Yesterday, I ruminated on all the negatives in our relationship.

Today, I pondered dreamily on all the positives in our relationship.

Yesterday, my heart was cold towards you.

Today, my heart burns for you.

Yesterday, I felt nothing for you.

Today, I feel everything for you.

Catalytic Feelings

I can't continue to live in mediocrity.

I can't continue to feel only "fine" about my life.

I can't continue to not be happy with life.

I can't continue to feel miserable about coming back to my reality after a vacation.

I can't continue to go in daily to a job that doesn't add value to my life or others.

I can't continue to have a mediocre attitude towards life on a daily basis.

I can't continue to not positively invest in the lives of others.

I can't continue to not spend more time with the most valuable people in my life.

I can't continue to wake up feeling miserable each day.

I can't continue to wake up with no ambition for my life.

I can't continue to live out each day without any goals.

I can't continue to not be more giving.

I can't continue to not consistently work on my dreams.

I can't continue to not speak up for what I want and feel I deserve.

I can't continue to say, "I'm okay" or "I'm fine" when people ask me how I'm doing.

I can't continue to live my life for others.

I can't continue to not be happy.
I can't continue to not continuously engage in things that I enjoy.

I can't continue to not enjoy hobbies.

I can't continue to spend so many pointless hours watching TV.

I can't continue to live a life of confusion.

I can't continue to live life aimlessly.

I can't continue to consume things I don't even need or really want.

I can't continue to live somewhere I hate.

I can't continue to work with toxic people in a toxic work environment.

I can't continue to judge others.

I can't continue to judge myself.
I can't continue to not unconditionally love myself.

I can't continue to not forgive people for hurting me.

I can't continue to live in the past.

I can't continue to worry about my future.

I can't continue to live my life in ignorance without self-educating myself.

I can't continue the same patterns and habits that don't serve me well.

I can't continue to not travel anywhere.

I can't continue to invest most of my time in things that don't matter.

I can't continue to wait for things to hopefully change on their own one day.
I can't continue...

Celebrate YOU

Learn to celebrate yourself for the big things and the little things--always.

Celebrate yourself for waking up and getting to work on time.

Celebrate yourself for cooking a delicious and scrumptious meal.

Celebrate yourself for being nice to the frustrated support technician you were on the phone with for 30 minutes.

Celebrate every workout you complete.

Celebrate the new job offer you receive.

Celebrate yourself for making a new friend.

Celebrate yourself for finishing another week.

Celebrate every one of your birthdays.

Celebrate yourself for cleaning your house.

Celebrate yourself for making up your bed before you started your day.

Celebrate yourself for having a productive day.

Celebrate how you have made it through all the highs and lows that life brings.

Celebrate yourself for simply being you.

Everyone else may not always celebrate you, but there is one person that can always and should always celebrate you, and that person is *you*.

Celebrate you for being you–always.

Confide In The Right People

It is favorable to always assume the best from people, but we must be realistic. Do you recall times where you told someone your private feelings about something or someone and later came to find out that the information you conveyed got "leaked"? There is a strategy to avoid this altogether: only confide in people who have no connections or knowledge of the person you share information about, and only confide in people who have earned your trust. The ultimate strategy is to never gossip or talk about people nor share intimate feelings and thoughts; if you follow this route, you will avoid many problems. However, we are human; sometimes, we need to vent about people or things that struck a chord (good or bad) with us. If you need to vent, express yourself to someone who is completely unbiased and has nothing to gain from your venting session. The trouble with talking about people or things is not always about

what is said, but who it is said to, and the method it is conveyed (e.g. word of mouth, text, phone, email, etc.). Keep your most private thoughts and opinions for face–to–face conversations with the right people. You might ask, "Who are the right people to vent to?" The right people are:

1. People who have earned your trust.

2. People who have proven they can be trusted.

3. People who do not habitually gossip about others behind their back.

4. People who you have a good discerning feeling about.

5. People that do not tell you private things about people who are close to them.

If you give people enough time, they will reveal their true intentions and qualities. Observe people and see how much they talk about their own friends that they consider "close". Furthermore, observe how people talk about the people they love, and see if they tell you things about them that you feel should be kept in confidence. Remember, sometimes even the right people will tell our most intimate thoughts and leak important information, but it is essential to remember that we are all human--we make mistakes.

Lastly, if you gossip and talk about people in public, people will notice and will assume you will do the same to them behind their back; talking publicly about others in a negative fashion will tarnish your reputation and people will know not to trust you.

Rules of Communication:

1. Never say anything negative or questionable about anyone with a documented trail (e.g. email, text, all electronic and written communication).

2. Never confide in someone about someone else, if that person knows them (exceptions can be family and similar relationships).

3. If someone comes to you to talk about someone, maintain a neutral stance.

Consumer Syndrome

At some point, most of us have ended up spending our money on things that have little to no value--without thinking twice about it. Mindless spending has become a societal pandemic, and all of the marketing strategies, advertising, and new things that are consistently being introduced to the market don't make consuming less any easier.

I am not a strict minimalist, but I do appreciate the mindset. In reality, most of the things that are available to buy are unnecessary. It is okay to spend money on things for mere enjoyment and to fulfill your desires, but when consuming evolves into overconsuming, you may compromise your financial health (your emotional, physical, and mental health may be affected too due to having *too much stuff,* which can inevitably cloud your mind and add

unnecessary stress to your mind, body, and spirit.)

Note: How many hours do you figure you have worked in totality to earn the amount of money you have spent on things such as: unnecessary clothes, fast food and eating out, entertainment, and other extraneous (optional) buys? Have you ever calculated your spending in terms of the amount of time you worked to earn that money? By thinking about how you spend your money in terms of hours you work, it just may convert your thinking towards superfluous spending.

Tip: If you would like to see where your money goes, experiment with utilizing a finance application that logs down each transaction you incur (e.g. Mint, Every Dollar. Etc.). I use the Every Dollar app, which I have found to be the most useful finance application I have used to date. Logging

each and every transaction that I expend money on helps ensure that I am exceptionally cognizant of every single penny I am spending and bringing in. Overtime, logging every dollar that I spend and bring in has helped me decrease my spending in several areas; it has also helped me to save money and find ways to bring in more resources.

Consumer Syndrome Remedies:

Remedy 1: Budgeting

Remedy 2: Self-control

Remedy 3: Gratitude

Remedy 4: Don’t compare yourself to others or compete with others

Daily New

Every single day provides a new opportunity to make a new decision. Every single day provides a new opportunity to grow. Every single day provides a new opportunity to learn. Every single day provides a new opportunity to practice everything you have learned up until this point. Every single day provides a new opportunity to forgive someone who hurt you. Every single day provides you a new opportunity to engage in an activity you are passionate about. Every single day provides you the chance to change your mind and move in a clarified direction for your life. Every single day provides you the opportunity to demonstrate love to another human being. Every single day provides you the opportunity to give. Every single day provides you the opportunity to release old wounds from your heart and soul. Every single day provides you the opportunity to follow your dreams. Every single day provides you the

opportunity to act on your dreams. Every single day provides you the opportunity to try something new. Every single day provides you the opportunity to go on a new adventure. Every single day provides you the opportunity to explore a new place. Every single day provides you the opportunity to be happy. Every single day provides you the opportunity to be content. Every single day provides you the opportunity to experience a fresh start. Every single day provides you the opportunity to experience unconditional love. Every single day provides you the opportunity to let go of things in your life that don't serve you well. Every single day provides you the opportunity to forgive yourself for all the wrong you have done to yourself and others. Every single day provides you the opportunity to be better than you were yesterday. Every single day provides you another opportunity; take advantage of each new day you are given.

Detachment

At times, I have become obsessed with outcomes. “What will happen?” “What will not happen?” “What if (fill in the blank) happens?” As I continue to ponder and ruminate on outcomes I soon realize that I am literally wasting my time and life by letting my thoughts spiral with “what ifs”. Some of us may have experienced anxiety when we messaged someone, and they did not reply back on our preferred timeline. Many of us have applied for a job we really wanted, and we may have experienced anxiety while we were waiting to hear back. Others have become too involved with the issues of their romantic partners, friends, and family. Detachment helps you let go of outcomes, people, and situations. Detachment helps you to continue living your life independent from outcomes, and if you are an optimist then you will accept that you do not have ultimate control over life; hence, you will positively maximize every outcome

that occurs in your life. Detachment helps you live peacefully instead of frantically and anxiously. Whenever you are anxious, this is your emotions way of telling you that you are out of balance and are too attached to potential outcomes. Worrying does not resolve situations or produce outcomes any quicker. Let go of everything that has a negative hold on you or that you are too attached to.

Relationships

Some people often try to force things to work in their relationships. Some of us try to keep holding all the pieces together. We try to keep fitting a piece of the puzzle in the wrong place. We try to rebirth pieces of relationships and people that have been lost and broken for years. There comes a time when our hearts, souls, minds, spirits, and bodies cannot take any more pain, resistance, nor effort. Once we reach this

point in our lives we can finally let go. After we let go, we are then opening ourselves up to other beautiful blessings that have been waiting for us to give up what isn't right for us anymore.

The Problems of Others

As we go through life, so do others. People that we are close to can often have an effect (positive or negative) on us. Sometimes when people are going through life situations, negative events, and are experiencing tribulation, we can easily get caught up into their life experiences (often inducing unnecessary stress upon ourselves). We forget that our life is separate from our friends and family's lives. Yes, we can sympathize, empathize, and offer advice to the people we care most about; however, we do not need to become attached to the issues that others are experiencing in their own lives.

Addiction Example:
Even though it is tempting to try to help a person with an addiction, some of the most productive actions you can take is to not be an enabler for their addiction, support them, love them, and do not get attached to their addiction. You cannot stop or control another person's addiction, you can only hope that they will eradicate their addiction themselves. We often get caught up in trying to do the work for other people, but we can only do the work for ourselves. No one else can do our work for us.

Detachment gives you freedom to live your life independently from people and outcomes. You can start right now from detaching from a person or situation that is currently in your life right now; this act of detaching may feel uncomfortable at first, but as time goes by you feel more free, lighter,

less stress, and you will have more clarity within your own life. Detach today!

Diverse Income

Depending upon one basket of income is like betting all your money on one horse; you could end up winning it all or you could end up losing it all.

I have always believed that maintaining multiple sources of income is one key to establishing a solid financial foundation (as far as income goes). None of us can ever predict the future 100%, so why do so many of us live like we can?

What are your talents? What are you good at? What are you interested in? Be creative and find ways to capitalize on your talents and interests while you continue to also work your main job(s). I suggest to always have at least 3–5 different sources of income; if you find this to be too much to do, then aim for a minimum of 2 different sources of income.

I guarantee that having multiple sources of income will:

1. Relieve financial pressure

2. Make you a better more well–rounded employee (due to lower stress and obligatory levels)

3. Eradicate dependence on any one source of income or company

4. Give you more freedom

Emergency Fund

Life happens, which is a good reason to incorporate a fund for unexpected life events. Some financial gurus suggest establishing an emergency fund that is worth $500–$1000 dollars, but the exact dollar number really depends on your needs. Though, I will say that in today's world $1000 dollars can disappear pretty fast. One car expenditure or medical bill can wipe a $1000-dollar fund clean--several times over. A job loss can cause further stress that can easily be avoided if precautionary actions are taken. I suggest establishing a fund that totals to 3–6 months of your regular monthly living expenses. If you have 3–6 months saved up, you can ensure that *most* inconveniences that come about can be quickly solved. A 3–6 month emergency fund does not guarantee freedom from unexpected situations, but it most definitely ensures that many of the unexpected situations that do occur are less financially

stressful. Decide today what one month of your total living expenses is and multiply that 3–6 times. After you do this, work on putting this total amount in a separate account that you only touch for emergency situations. If you find this amount of money to be too tempting to not touch, then put this money in an account that is not easily accessible.

Foolish Dreamer?

It seems that only a few make it and experience true success, ample happiness, and extreme wealth in their careers, relationships, and lives. For example, only so many players make it to the NBA draft, and even fewer players end up being top draft picks. Every actor is not a movie star. Every president is not remembered, and every successful entrepreneur under or over 20 is not in Forbes. Many of us are "left behind" to appear mediocre in comparison to those who get the opportunity to be in the spotlight.

Today, there seem to be so many people pursuing their goals, which may seem to compete against your own. Everyone is trying to make it. Everyone is trying to pursue their dreams. Everyone is trying to distinguish themselves; everyone is trying set themselves apart from the masses, but how many are truly succeeding? Truth be told, most people don’t give their dreams

everything they've got. For the ones who do though...

Does it even matter if they succeed or reach the unified definition of success? Or does it matter that they try and give it everything they got?

Pursue your dreams relentlessly and fail, or pursue your dreams relentlessly and succeed. Is there a difference? If you pursue your dreams relentlessly and things don't work out the way you planned...is it really a failure or is it in turn a valuable lesson?

Active Dreaming Ignites the Soul.

Forced to Let Go

At some point in our lives, we run into a wall. We know we need to make a decision--a change, yet we refuse to make this decision out of fear, “bad timing”, or who knows what. So, sometimes life serendipitously acts on our behalf; at times in our lives, we are forced to let go of things that no longer serve us in a positive way. It is during these times, that we must remember to embrace the freedom and change that we hoped to experience someday after the decision was made. It is so easy to forget how much we did not enjoy the moments before life forced us to leave those un-enjoyable moments. Today we can enjoy the benefits of the new decision that has been made. Today, we can choose to consistently make the right decisions for ourselves--on time, so life doesn’t have to force the decisions to be made for us.

Get Out

At some point in our lives:
We hide our interests.
We hide our hobbies.
We hide our opinions.
We hide our dreams.
We hide our intelligence.
We hide our heritage.
We hide our feelings.
We hide our guilt.
We hide our weaknesses.
We hide our insecurities.
We hide our pasts.
We hide our bodies.
We hide our natural selves.
We hide ourselves.

At some point in our lives:
We fear being seen for who we are.
We fear being seen for all we have.
We fear being judged.
We fear success.
We fear failure.

We fear our own potential.
We fear being loved.
We fear never being loved.
We fear the concept of love.
We fear being alone.
We fear rejection.
We fear being the outcast.
We fear not fitting in.
We fear not being attractive enough.
We fear not being enough.
We fear ourselves.

We fear and hide ourselves because we forget that:

We...are...more...than...enough.

We fear and hide ourselves because we forget to accept ourselves and accept our pasts.

Today you can make a new decision: You can continue to hide parts of yourself or you can be proud of who you are and express who you are to the world. You can be paralyzed by fear and live a mundane life or break out of your fear and live out your destiny.

Goals

I have always been a goal-oriented person, and this is probably because my mother forced me to write down my goals for each upcoming year growing up; thankfully, this habit stuck with me. I never really invested the time to observe how much of what I was writing down was actually being accomplished though. In 2016, things changed; I started to pay closer attention to my goals, and I noticed that I accomplished about 80–95% of the goals that I wrote down. I not only accomplished the "unreasonable" goals, I accomplished more. Hence, from that point, I have set even higher goals and have already reached several of them. There is a magical power in writing down what we wish to accomplish. If you study and review your goals often, after documenting them, your goals will get checked off. Of course, I also put consistent work in for my goals, but it seems that writing

down my goals is the single most powerful catalytic–game–changing action.

1. Write down your goals.
2. Create a plan of action.
3. Consistently follow the plan of action.

Lastly, observe and see what happens when you follow these three steps. According to cumulative law, if you consistently and purposefully work towards your goals, then success inevitably awaits you.

One piece of advice I received in one of the books I read was to dream big, and never limit myself by the goals I set. Instead of writing down goals I feel I can definitely achieve, I write down goals that make me a little uneasy and uncertain. As each year goes by, I stretch myself further and further. Don't be scared to go for what you genuinely desire. Life is too short to settle for

mediocrity; go for the GOLD! It is always better to aim too high, then to aim too low.

Goal Activities

Recently, I was reading an article that discusses the topic of goals, and the best part about this article was the approach to achieving one's goals. Most of the time, if a person writes down a goal, they focus on the attainment of that goal instead of focusing on the steps and actions it will take to accomplish the goal.

Here is the alternative to achieving your goals: instead of hoping, wishing, believing, and only putting in mediocre inconsistent effort towards your goals, work on doing an increasing amount of consistent activities that will help you accomplish your goal. Start off by doing 1–5 different goal activities each day for one solid week, and then increase your goal activities to 6–10 for the following week. The goal is to consistently engage in different goal activities that will propel you towards the attainment of your goals; you also want to continuously be creative by

increasing the amount of goal activities you engage in each day. After a while, you will notice positive results that will inevitably come about from simply being consistent and also increasing your daily goal activities.

Note: The more consistent you are in completing your goal activities, the more likely you are to notice which activities work better than others, which will guide you in determining which activities are best to complete that will be the most productive for your goals.

Hey

A day after receiving a text from the person, I questioned myself, “Why am I still communicating with this individual?” I finally took a moment to question the purpose of this particular individual’s place in my life after a roller coaster of disappointment, confusion, and emptiness.

There was no longer a purpose for this person in my life, and I knew this from our consistently–shallow–inconsistent–interactions with each other. If anything, the conversation now was always forced with an underlying tone of inhibition. Even if I wanted the interactions we experience now to change, reality, logic, and statistics told me they wouldn’t.

How often do you force purpose upon someone who hasn’t had any purpose in your life for quite some time, other than the purpose of teaching you a lesson of “letting

go”? It is wasted energy and effort--holding on or continuing dead and un–productive relationships. It’s time to let go.

How I Financially Sustained Myself

1. Arbonne Consultant Assistant

2. Completing administrative and cleaning tasks at a church I attended at the time

3. Complete reading books for pay

4. Helping an author sell more books at her book signings

5. Mowing Grass

6. Pubic Speaking Engagements

7. Selling books I self–published

8. Selling Lemonade

9. Selling items on eBay and Amazon

10. Completing up–scale house work & cleaning

11. Teaching Music (Piano & Guitar)
12. Tutoring

13. Babysitting

14. Freelance Musician

15. Giving out loans that were paid back with interest

16. Translating

I could claim that I was born with an entrepreneur mindset, but that's not the case. What I know for sure though, is that when I was a kid, I had a piercing drive to earn money. I never wanted to not have money to do things. I never worked a full–time job until I got to college. I also did some part–time retail positions around junior and senior year of high school. Those jobs in

high school did not stick though; it's hard to go from making $40–$50+/hr. to minimum wage jobs. When you work for yourself successfully, your perception about pay and money gets fucked up, but in a good way. Working for myself set the tone for the value I put on: myself, my education, my skills, and my career for the years to come.

At times, working for yourself can be more challenging than working a full–time job, but in the long–run I believe working full–time in a 9–5 position could be more challenging. You know why? Because often, many people are working at jobs they hate. Often, many people are breaking their backs and getting stressed for something they don't even believe in. Often, people are missing out on life because of their time–consuming jobs; they have no say in the schedule that is pre–determined for them.

Today, I work a full–time career and also pursue my entrepreneur ventures, but I also have been blessed to determine my work schedule, which grants me time to invest in my entrepreneurial venture and passions like writing.
By age 14, I had already done and experienced numerous entrepreneurial ventures on my own--many were successful.

During a Hilton Head, South Carolina vacation with my family, my parents encouraged me to start teaching piano. I had already been playing piano in my church and taking lessons for eight years by then, and I had a good ear for music. I was hesitant at first, but my parents encouraged me to step out of my comfort zone and to also earn money (which is something I was VERY motivated by at the time). That January of 2007, I embarked upon a ten-year music teaching business that later branched into

guitar and tutoring as well. This endeavor supported me through middle school, high school. college, and several months after I graduated from college. To be honest, I did not even fully develop the business either, and there were times I was making anywhere from two–three grand a month working only 20–30 hours a week. It sounds easy, but it wasn't in totality. The easy part was working for myself. Everything else was due to hard work or better put: persistence. I was in charge of marketing, teaching, customer relations, and you name it, but I was also in charge of my schedule and the prices I charged. Running my own business and being self–employed for most of my young life wired me in ways that a regular job would have not. I am thankful to this day that my parents encouraged me to teach music, and for my parents incorporating entrepreneurial ideas into my mind so early.

The valuable lessons you receive from working for yourself include some of the following:

1. Resourcefulness

2. Money Management and Budgeting

3. People Skills

4. Organization

5. Time Management

6. Self–Motivation

7. Marketing and Advertising

8. On–The–Fly–Thinking

9. Selling

10. Out–Of–The–Box Thinking

11. Self–Presentation & Professionalism

12. Communication Skills

I Deserve Good in My Life

Somewhere along the way some of us forget that we deserve good in our lives. Some of us forget that it is okay to be happy. Some of us forget that life can actually go on smoothly without any perceived negative events occurring.

When things are going well for an extended period of time, we do not need to fear that something bad will happen. We do not have to stay in an expectant mindset that the good times will only last for so long.

Where did we learn that it is not normal to experience an easy life? Where did we learn that we do not deserve good in our lives? Where did we learn that we do not deserve the best that life has to offer? Where did we learn to fear the “good times”?

Whenever I experience extended periods of good in my life, and life is going perfectly

smoothly, I remind myself that this is okay; I am exactly where I am meant to be. I do not have to fear that all the good in my life will be snatched away from me. I do not have to fear that a negative event will suddenly take place. I do not have to stir up meaningless dissension to rock the boat that is sailing easy along the ocean. I can enjoy my life and the good in it--without fear.

We do not have to be ashamed when good things happen to us. We do not have to be afraid of what others will think of us when good things happen to us. We do not have to hide or deny the good things that occur in our lives. We can accept the good things that happen to us and know that we truly deserve the good in our life.

Tell yourself often: I deserve good in my life. I experience good in my life--always.

Be grateful, be proud, be humble, be accepting, and be positive of all the good that will, can, and is taking place in your life.

I Don't Love Myself

He made me cry again today, but I still love him.

He pushed me around again today, but I still love him.

He made me black and blue again today, but I still love him.

He pushed my face into a wall again today, but I still love him.

He beat me repeatedly again, but I still love him.

He physically abused me again, but I still love him.

He called me ugly again today, but I still love him.

He told me no one could ever love me, but I still love him.

He made me do things to please him that I didn't want to do, but I still love him.

He slept with someone else again, but I still love him.

He never looks at me when he's on top of me, but I still love him.

He emotionally abused me again, but I still love him.

He called me names outside of my own name again, but I still love him.

He destroyed my things out of anger again, but I still love him.

He mentally abused me again, but I still love him.

He sat around all day while I did all the cleaning again, but I still love him.

He got me pregnant again because he refuses protection, but I still love him.

He beat my spirit down again, but I still love him.

He tells me he loves me, and I believe him...because I don't love myself.

If You Aren't Living

Stop waiting for a moment that may never come.

Go ahead and buy your dream car that you have always wanted (if you can afford it).

Travel to that one country that you have always imagined yourself visiting.

Learn the language that you have always wanted to speak, and don't give up.

Go ahead and buy that new outfit that you can't stop thinking about since you first saw it.

Go do something you have never done before.

Create a bucket list and check things off of it--often.

Eat that cupcake to celebrate you just being YOU.

Listen to your favorite song while you are at work.

Take a walk on your lunch break at work and enjoy the sounds and feels of nature.

Dance in the mirror, while listening to a groovy song, and smile and laugh all at once.

Take a day trip to the beach.

Eat your favorite meal and SAVOR it.

Smell everything all around you.

Watch an inspirational movie followed by a comedy movie.

Take selfies.

Breathe.

Live and eat healthy--often.

Be someone you want to be around often.

Never get old.

Listen to the sounds all around you.

Be proud of your strengths and unashamed of your weaknesses.

Love yourself more each day.

Give frequently.

Celebrate yourself every day.

Be yourself every day.

Grow into a more positively developed person each day.

Be your best self each day.

All we ever will have is this moment.

The next moment, and the next moment after that are never promised to us.

Live.

Live right now.

Do the things you hope and dream about doing.

Be the best you can be.

And don't forget to LIVE.

Dedication: The most influential person in my life--my mother.

I'm Not Jealous. I'm Enlightened.

Jealousy is oftentimes misused, and I did not come to find this out until later in life, but let's start with the traditional definition of jealousy.

J.E.A.L.O.U.S.Y.

When I think of jealousy, I think of: sickness, poison, negativity, bad vibes, and pure evil (I say this last one because some people do some really shitty things to other people due to jealousy). How or why does jealousy even come about? Well, think about science; it's human nature to compete for a mate, for land, for food, and for survival. Male animals compete with other males to mate with females; male animals also compete against each other through bloody fights. Male animals also compare their bodies and status to each other (e.g. whose feathers are brighter and more distinctive? Whose body is bigger? Who body is stronger? Whose call, gawk, or animalistic sound is more creative

or LOUDER?). Male lions vigilantly and consistently keep watch of their pride to prevent danger from other male lions who want to obtain overtake their pride (side note: if the outside male lion succeeds in overtaking the pride, he kills all the baby cubs so he can produce his own young--I can only imagine this is due to an enormous ego and the addictive habit of "throwing salt" in the wounds of the defeated).

The more I watch science and nature documentaries, the more I understand humanity. Most of our pointless and aversive habits are due to human nature; however, I do not condone our human nature tendencies, nor do I believe we have a legitimate excuse for much of our irrational behavior such as: human nature.

So now we know what animals do to compete for resources, mating partners,

food, and territory, but I want to let you know that: humans do the same damn petty things. Who has a better body, who has a bigger dick, who has bigger breasts, or a better ass (I think this is the more popular option now compared to boobs--not sure)? Who has a better house, who has the better car, who has the better relationship, who has the better title at their job, who has a better career or job period? These are just some of the things that we fight over. And we see this all the time (e.g. rappers who consistently rap about their competitive woes and beefs with other rappers). A lot of people talk shit about other people because they are intimidated, jealous, or threatened by what the person has or simply because of who the person is.

Competition is at the root of jealousy, and comparison coincides with competition. When we compare ourselves to others, we

essentially are competing against them, which is where jealousy derives. Many of us don't realize this, and we feed our jealousy with more negative energy. Whenever you are experiencing jealousy, it is important to nip the feeling in the bud, or it will control your life and eat away at your spirit.

Sometimes we don't even realize that we are jealous until someone mentions something about it to us.

E.N.L.I.G.H.T.E.N.M.E.N.T.
So, something I learned a while back is that jealousy doesn't have to have a negative connotation. Often, if we take a step back and analyze the true nature and reason (aside from human nature) behind our jealousy, we can use it to our advantage. Jealousy can be a tool that we use for our own enlightenment. Jealousy can be the fire that fuels us into a more positive and

lucrative direction for our lives. Jealousy can help us analyze old wounds and habits that are in need of letting go of. Ultimately, the feeling of jealousy can help us grow into better balanced human beings and here's why: Sometimes the people that we let conjure up those feelings of jealousy within us are showing us something that we are missing or need to change within our own lives. Take a moment to take that in...

Maybe the person you are jealous of is a co–worker who seems to constantly get promoted while you stay at the same professional status within your organization. Maybe it is time to look within yourself to see why you are not being promoted. What actions are you demonstrating that could be preventing you from reaching to your full potential at your current job? Figure this out and while you do, let go of the jealousy.

Maybe the person you are jealous of has a beautiful home, and maybe your place of residence sucks. Maybe it is time to make a new decision and find a better place to live that you define as beautiful; this could mean taking control of your finances by making healthier decisions that will positively benefit your financial situation.

Maybe the person you are jealous of has a perfect body, and you often experience feelings of hate or dislike towards your own body. Maybe it is time to start taking better care of your body by consistently eating right and engaging in exercise that will help chisel your body the way you want it to look (Side Note: If the person you are jealous of has a perfect body due to plastic surgery..ummm please don't waste anymore of your time nor energy on them; it's not even fair play anymore).

Maybe the person you are jealous of seems to have their romantic life altogether, and you are miserably single or struggling within your own romantic relationship. The first step is: find happiness within your singleness or start focusing on the positive aspects of your current romantic relationship; the second step would be to implement positive changes into your relationship or singleness and do the best you can do to help make your romantic relationship and/or the relationship you have with yourself the best it can be. If you are still experiencing a miserable romantic relationship after you do all of these things, then leave. Some relationships aren't meant to last forever, and some relationships are simply not healthy to stay in. Make a new decision and choose to be happy, but choose to be happy first with yourself.

Maybe you are a person who is jealous of that one friend who seems to be more

financially successful compared to you. First off, don't compare yourself to your friends. Second off, what can you do right now to improve your financial status (e.g. stop going out so much, stop using credit cards, cease spending more than you earn, apply for and obtain a better paying job, handle your finances prudently, save more)?

Maybe your jealousy is that you can't stand when people are happy and energetic all the time. This just means you personally need help. Jk. What this means is, you probably have some darkness, negativity, or depressive–like–symptoms within you. Are you unsatisfied, unhappy, or lethargic on a consistent basis? Do you feel that your life has purpose? Do you know what your life purpose is? Answer these questions honestly and navigate, within your heart, what you personally need to do next so you

can live a more emotionally balanced and content lifestyle.

Maybe you feel jealous about a close someone who lives in different places and travels the world frequently. Do you feel that you have a lack of freedom regarding mobility within your life? Do you feel a lack of freedom within your life period? When is the last time you traveled? Do you want to continue living in the place you are living now; are you happy with it? If not, what is preventing you from moving (and don't you dare name any illegitimate excuses)? Maybe it is time for you to live somewhere new. Maybe it is time for you to start setting aside money each month to travel. Maybe it is time for you to make a new decision when it comes to the geographical component of your life. Maybe it is time to find out ways to increase your freedom; maybe you need to

let go of some old thoughts, feelings, and beliefs that are tying you down.

Remember, jealousy doesn't have to have a negative connotation; often times, jealousy is just a sign that we need to make a new decision or look within ourselves so we can work out the personal issues we are experiencing. Jealousy often signifies that we need to grow and act. So grow and ACT...right now.

Insanity

I wake up. It's Monday. I feel dread. My first thought: A whole week is ahead of me, and Friday seems oceans away.

I wake up. It's Tuesday. I feel dread. My first thought when the alarm goes off: I can't get up. Somehow, I robotically muster the strength to get up and go to work though.

I wake up. It's Wednesday. I feel dread. My first thought: It's almost Thursday, which means Friday is closer. I stare at the ceiling in the dark wishing I could close back my heavy eyelids.

I wake up. It's Thursday. I feel despair. My first thought: I feel like I am dying on the inside. I cry internally from the un–satisfaction I feel deep in my soul.

I wake up. It's Friday. I feel a subtle relief. My first thought: I can't wait to get off from

work today. I don’t want to get up, but I do because it’s Friday; freedom is only hours away.

I wake up. It’s Sunday. I feel anxiety as the day draws to its demise. My last thought: Why do I continue doing this? Then, I go to sleep.

Internal Construction

As I was driving on the highway, I was observing all the construction work that was happening. Currently, more lanes are being added to the highway (which in my eyes is always a positive thing because this will mitigate congestive traffic). Though, I started to wonder where they were finding all of that space to build new lanes in the first place; sometimes it seems that space to build and expand comes from out of nowhere. And sometimes the creation of space is simply forced when the desire for change is impenetrable.

Sometimes, we feel like we have reached our limit as far as growth and potential; sometimes we feel like we can't expand beyond our boundaries and break through our limitations, but just remember that construction is always happening; limitations are always being breached. As far as construction goes, people always find a way

to build and expand, whether it means expanding horizontally or building vertically.

Though construction is usually a good thing, it also comes along with bewildering speed limits (for safety reasons, of course), orange cones disseminated everywhere, traffic, and just plain inconvenience all around. If you think about it though, this can be symbolic for the process of internal change and growing pains that we can often experience within ourselves.

Whenever we are developing into better human beings it can be inconvenient not only for us, but for everyone else around us too. Changing internally for the better often brings about: the demise of old and unhealthy habits, turbulence in some of your relationships, the end of certain relationships, and mental and emotional congestion. However, when the

internal construction is complete, everything is better.

January Poems

You learn

You grow

You fail

You go

You return

You try

You fall

You hide

You give

You get

You read

You sip

You dream

You wonder

You rise

You honor

Leaving the Best

We can be in the "best" relationship:
The person is good to us.
The person loves us.
The person accepts us.
The person is loyal.
The relationship is positive.
The relationship is beneficial.
We overall like the relationship.
But we choose to leave--fully aware and thankful for what we are leaving.

We can have the "best" job in the world:
The employer values us.
The employer appreciates us.
The employer invests in us.
The employer respects us.
The job is fun and enjoyable.
The employees are awesome.
We overall like the job.
But we choose to leave--fully aware and thankful for what we are leaving.

We can be a resident of the "best" city:
The city is enjoyable.
The city is filled with opportunities.
The city is continually developing and stays lively.
The city is breathtakingly beautiful.
The city is filled with our friends and ample amounts of amiable people.
The city is familiar, and our family is there.
We overall enjoy the city.
But we choose to leave--fully aware and thankful for what we are leaving.

Why do we choose to leave?
For some of us, something is missing; we are still not satisfied.
For some of us, we know we still are not in the right place--for us.
Some of us are lacking fulfillment.
Some of us simply want to leave and try something new.

The reasons behind why we leave the "best" are many, but one reason can explain it all: Sometimes the "best" or what seems to be the "best" isn't always the best for us. Finding what's best for you not only can potentially hurt the party you are leaving, but it can also be painful for you. You may wonder how you can even fathom leaving something, someone, or someplace that is and has been "good" for you and to you. However, you realize that the decision must be made and is necessary because there is something else out there for you to experience that is genuinely going to be the best for YOU.

Play the Part

Sometimes to achieve what we are aiming for we must fake it to make it. Is there a fine line between honesty and ruthless ambition though? I believe it is up to the individual to decide. I do not condone dishonesty when it comes to achieving your dreams; however, at times some people need to "play the part" before they receive "the part"; we have seen this occur with many people too (e.g. celebrities, politicians, businessmen/women, etc.). I wonder how many successful people today would not be where they are if they did not "play the part" and get outside of (deny) their current circumstances that contradicted what they were trying to achieve and experience. Be the person that you intend to be.

Re–Defined Amor

"Being in love" is fantasized and desired by many, but what does being in love mean?

1. Uncontrollable desire and love that is felt between two people?

2. Raging and obsessive feelings of adoration?

3. Consistent pondering and dreaming of your lover?

4. The incapability to live without your lover?

5. Neglecting any previous relationships (all types) you had before you met your lover?

6. Focusing only on your lover and nothing else or anyone else?

7. Losing your identity in the process of being in love?

What if being in love is simpler than all of these potentialities?

What if being in love is simply:

- being happy

- loving your best friend

- trusting one another with every granular and grand detail about each other

- living life together taking on new and old adventures (whether simple or grand)

- enjoying the mundane, the monotonous, and the simple things in life with an ordinary, yet very special person whom you can cohabitate with in peace, while enjoying most of every second of it.

What if being in love is remembering how grateful you are and how grateful you should always be because:

- You finally found someone you can call your equal.

- You finally found someone you can communicate with openly--without a filter.

- You finally found someone you can laugh with and be yourself with.

What if being in love is: two people who unconditionally love and accept one another without trying to change each other at any point?

What if being in love feels deeper and completely different than a fleeting, unpredictable, flighty, and uncontrollable feeling--like infatuation?

What if being in love is being aware of your feelings and feeling not only with your heart, but feeling with your mind as well?

What if being in love is gazing upon the stars, sunrise, and sunset with someone without saying a word, but feeling like everything is being said--with a feeling of deep content?

What if being in love is never losing your identity in the process of falling in love, but expanding your identity, learning more about yourself, continually growing and developing into a more defined human being each and every day?

What if being in love is an extravagant miracle which feels ordinarily simple...so simple it's elusive?

Remember

You Are MORE Than Enough. Remember this.

Remember how fun you are.
Remember how free you are.
Remember how strong you are.
Remember how happy you are.
Remember how special you are.
Remember how perfect you are.
Remember how lovable you are.
Remember how valiant you are.
Remember how unique you are.
Remember how worthy you are.
Remember how fearless you are.
Remember how curious you are.
Remember how brilliant you are.
Remember how resilient you are.
Remember how peaceful you are.
Remember how confident you are.
Remember how important you are.
Remember how invaluable you are.
Remember how autonomous you are.

Remember how adventurous you are.

Remember how perfect you are as your natural self.

Remember who you are, which is all these things and more.

Something's Missing

You finally have everything you wanted (or most everything). You have the perfect person. You have the perfect job. You have a great income. You have a badass car. You have cool friends. You have reached many of your goals. You are doing what you love. You are living out the dreams you always wanted to be your reality. Most of the problems you face are trivial or at least not hard to resolve.

I mean, your life isn't completely flawless, but it's close to it. Yet, you feel like your soul is sinking. You feel like you're going to explode from misery. You're sad, and you don't know why. You don't understand how the fuck you could be sad when you have all of this "good" going for you. But even though things are going swell, you still feel like you're stuck in a fog...unclear of the reason behind your lack of fulfillment; this is your everyday experience. Something's missing.

The Social Media Dichotomy

Who are you really? Who is the real person behind the filtered photos, the filtered videos, the perfect angles, and the perfect lighting? Who is the real person behind all of the social media verbiage? Don't forget.

Social media is a powerful tool that can be utilized for good and for fun, but it seems that people often miss the mark when it comes to social media. The issue with social media is the attachment that people develop to it. Furthermore, at some point, people end up equating their self–value, social–value, and identity with the number of followers they have and the particular types of pictures they choose to post; many people consistently engage in exhibiting a false sense of self to others via social media. A lot of people live through their social media profiles and their online friends' profiles. It makes sense though right? We like seeing what other people are up to; we eat up the

adventures of others and we can’t help but enjoy showing any and every cool adventure we take on as well. We want to be praised, appreciated, and well–liked by not only our peers, but masses of people around the globe that we have no clue even exist.

In real life, most of us genuinely only know a few people on a deep level, but we let social media deceive us into believing otherwise. In our society today, the definition of friendship has been mitigated to mean: a contact, a friend of a friend, an acquaintance, an acquaintance of an acquaintance, etc.). How many of the people you follow and are "friends" with on your social media profiles do you: have the phone numbers of, know where they live, and interact with on a daily basis? How many of these people do you actually interact with in–person (if they don’t live within a far proximity)? Are there people

on your friends list that you have never met before? If so, you're not alone.

This Is My Happy Place

Imperative it is to have at least one place on this universe to call your own.

At an early point in my life, I made a decision to make my home my happy place. When I was younger and still living with my parents, I made a decision to make my room my happy place. I made my space a place where I could go and enjoy my own company in peace. I made my space a safe haven to cry when I was feeling despair or feeling other emotions that needed to be expressed in my own privacy. I made my space my getaway. I made my space a place I looked forward to coming back to--even after a spectacular and unforgettable vacation. I made my space a positive one that was non–toxic, minimalistic, clean, beautiful, and healing to both my external and internal self.

Spill the depths of your personality into your personal space. Fill (in a non–cluttered manner) your space with personal and positive memorabilia, decorations, furniture, vintage pieces, healing vibes, good–smelling aromas, and colorless or colorful additions that spell out Y.O.U.

Create your happy place to be a fortress that you can escape to in order to: heal, rest, meditate, think, relax, sleep, dream, cry, feel, express, love, believe, let go, de–stress, reminisce, breathe, stretch, drift, and *be*.

Create YOUR happy place today.

We all need at least one place or one safe space. A place where we can be slow so our thoughts can clearly flow. A place where we can be undisturbed so we can feel...until we heal.

What's Next Syndrome

What's next?

I only ever have this moment. Right here. Right now. Yet, I can't stop thinking about a moment that isn't even here; I can't stop thinking about a moment that isn't even promised to me. I'm restless. I'm unsatisfied. I'm uncertain. I'm unhappy. I continue to wonder what's next. Why am I so obsessed with what's next? Why do I continue to be where I am not?

Why?

Why do we spend so much of our life doing things we don't want to do?

Why do we spend our time with people we do not enjoy spending time with?

Why do we spend our money on things we don't care about?

Why do we try to change how we look to appeal to others who don't care about us?

Why do we spend so much of our time trying to prove ourselves to people who don't give a shit?

Why do we spend so much of our time worrying about things that never happen?

Why do we stay in relationships that we aren't happy or satisfied in?

Why do we let people take advantage of us?

Why do we spend so much of our lives underestimating ourselves?

Why do we spend so much of our lives waiting for the perfect moment to follow our dreams?

Why do we wait to find the person we are looking for instead of doing our part to position ourselves to be found?

Why do so many of us put our lives on hold until we find that "special person"?

Why do we spend so much of our lives in front of a television screen?

Why do we wait until it's too late to tell the people we love and care about how we feel?

Why do we spend so much of our lives trying to reach the next milestone instead of enjoying each milestone that we reach along the way?

Why do we often wait to take care of ourselves until it's too late?

Why do we constantly fall in love and get romantically involved with people who we know aren't good for us?

Why do we often feel desperate in our search for love and affection when we can give ourselves this?

Why do we fear being alone? Why don't we love ourselves enough to be with ourselves? Why can't we stand being with ourselves? What is so bad about being enraptured in our own beautiful solitude?

Why do we live in places we don't even like--with weather we hate?

Why do we stay working for employers we loathe for years and years?

Why do we so often believe that we do not have the power within ourselves to change our situations?

Why do we sell ourselves and our time to the rat race without ever giving our deepest dreams any of ourselves and our time?

Why do we constantly eat like shit, yet complain about how shitty we feel?

Why do we settle for relationships with people who aren't even worth our time?

Why are so many of us comfortable living in ignorance?

Why are so many of us comfortable living our lives with no self–education after we complete school?

Why do we spend so much of our time trying to impress people who don't matter?

Why do we let others dictate the direction of our life?

Why do we let our parents determine what we major in at college?

Why do we let others make us feel negative emotions?

Why do we let others disrespect us?

Why do we not do most of the things on our bucket lists?

Why do we think we do not deserve to be happy?

Why do we so often experience low self–esteem and self–confidence when who we are is: enough?

Why are so many of us insecure about our bodies?

Why are so many of us envious of other peoples' successes? Why do so many of us struggle to be genuinely happy for others?

Why do we let our pasts determine the issues we face later in life?

Why do we let our bosses take advantage of our time and dignity?

Why do we so often trust the wrong people?

Why do so many of us stop dreaming as we get older?

Why do so many of us keep dreaming, but never do anything to accomplish those dreams?

Why do some of us keep having kids we know we can't afford, aren't willing to sacrifice time for, and do not want to invest in?

Why do we spend so much money on things we can't afford?

Why do we avoid preparing for our futures?

Why do we often forget to enjoy life amid everything?

Why don't we cry when we need to? Why do we keep holding things in?

Why do we struggle to balance discipline and enjoyment throughout our entire lives?

Why don't we dance more in front of the mirror?

Why do we forget to laugh along this journey called: life?

Why do we keep wasting so much time?

Why?

Why I Stopped Publishing for 10 Years

There really isn't a good answer for this. I started writing and publishing in elementary school (at the age of 11), and then I just stopped--publishing that is. A big part of it was fear. I was scared of publishing topics that did not really make sense for my age--in my eyes, and I was scared that I was not good enough to be a writer. I was also scared of what people would think of me and my writing. I cared way too much about the wrong things. Now, I'm like who cares. None of us are perfect, but we all have gifts and talents that should be shared with the world that we should not hide.

I kept writing (music, poetry, and journal entries), but I stopped publishing (aka went OFF the grid) for ten years. I had several books planned out, and even had some books completely written, but I did not publish them. My focus was on other things, like my music business, along with other

responsibilities and interests. However, a part of me wishes that I did not stop publishing. The better part of me is glad for it though. During those ten years, I had some of the most memorable experiences and life lessons that are now reflected throughout my writing today.

One thing I will never do again though, is let fear, a “busy” schedule, or lack of motivation--all EXCUSES--stop me from participating in something that I feel and know is a part of my purpose on this earth. Nonetheless, I am grateful for the ten years I took off from writing; it made me the writer I am today.

I wrote and published my first book, “Beauty Secrets for Girls” at age 11. I wrote and published my second book, “Don’t Wait Until It’s Too Late”, at age of 13 (both of these books are #FREE by the way). As a kid, I

loved writing so much that I remember copying an entire book about Mars on paper. I then laminated the re–written pages I had done of the entire book (what can I say, I have always been a BIG fan of the planet Mars) and neatly placed all the wonderfully re–written pages in a binder. I showed my mother at the end of the trip my wonderful achievement, and she looked at me like I had just wasted my life--just kidding—--she was VERY happy for me...I think.

What can I say, I LOVE writing. I LOVE CREATING. I also love reading, but not enough to have completed all of my reading assignments in college (I had better books on my mind that won over my interest). I also love journaling; it's how I express myself, but the most important lesson I learned is nested in the next paragraph...

YOUR DREAMS MATTER. If anyone tells you they don't, they're a damn liar.

If you are a young writer or in K–12, keep writing, and don't stop...*ever*...unless of course you just genuinely don't like it. This goes for every other dream any of you have right now or DID have, but let fear prevent you from pursuing. What do you love and dream about doing most? How would you like to leave your mark on this earth? How would you like to help others? What are you passionate about? Whatever your answers are to these questions...GO and ACT and on them NOW. Why Not You and Why Not Now? If you stopped a long time ago, it's time to START BACK. Fall in love again with your roots, passions, dreams, and desires. Don't shy away from your dreams. Dig them [your dreams] up from the grave you buried them in and bring them back to life. You are

still alive, which means your dreams probably are, too.

Your Situation

Something many of us often forget is how much power we have to change our situations, but we have to get in enough pain or want to change our situations bad enough to change it.

What are you currently unhappy or unsatisfied with in your life? What about your current situation would you like to change? What about your current situation are you done dealing with?

Are you satisfied with your income?

Are you satisfied with your weight?

Are you satisfied with your fitness levels?

Are you satisfied with your debt (if you have any)?

Are you satisfied with your relationships?

Are you satisfied with your job/career?

Are you satisfied with the place you live in?

Are you satisfied with your level of thinking?

Are you satisfied with your habits?

Are you satisfied with your attitudes?

Are you satisfied with your internal beliefs?

Are you satisfied with the way you handle situations on a daily basis?

Are you satisfied with how you feel on a daily basis?

Until you get too fed up to continue dealing with your current circumstances, and until you become ready to change your

circumstances...you will remain in the same situation with the same set of circumstances. When will you be ready to take action and change your situation?